

# Explore Your Thinking



Often the thoughts that we have create changes in how we feel and how we behave. Sometimes we don't even realise what our inner thoughts are and how they are connected to how we feel.

Over the next week try to track your inner thoughts, paying particular attention to your inner critical voice.

**Are your thoughts more negative than positive?**

What type of things do you catch yourself thinking?

**What do you notice you say to yourself about your ability?**

How much your friends like you, how well you are doing?

**If you have noticed you can be drawn to thinking negatively about yourself-**

How does this make you feel?

**If you heard a friend speaking this way about themselves, what would you say to them?**

Use this diary sheet to record your inner critic for this week and try to write the second column from a kinder perspective:

My Critical Thoughts :	A Kinder Way of Thinking:
<i>eg. I did worse than anyone else in the test</i>	<i>I tried my hardest and thats all that matters</i>

**Did you know- the more we think a certain way, the more we make that way of thinking stronger.**